DOCUMENT RESUME

ED 400 071 PS 024 579

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TITLE	Rebel without a Car: Surviving and Appreciating Your Child's Teen Years.
REPORT NO	ISBN-1-57749-014-2
PUB DATE	96
NOTE	246p.
AVAILABLE FROM	Fairview Press, 2450 Riverside Avenue South, Minneapolis, MN 55454 ($12.95).
PUB TYPE	Statistical Data (110) -- Guides - Non-Classroom Use (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	*Adolescent Development; *Adolescents; *Child Rearing; Conflict Resolution; Depression (Psychology); Drug Abuse; Eating Disorders; Ethical Instruction; Feminism; Moral Values; *Parent Child Relationship; Parenting Skills; *Parent Student Relationship; Parent Teacher Cooperation; Personality Development; Secondary Education; Sex Differences; Sex Education; Sexual Identity; Sexuality; *Student Motivation; Substance Abuse; Suicide; Teacher Student Relationship; Value Judgment
IDENTIFIERS	*Adolescent Attitudes; Adolescent Suicide

ABSTRACT

Arguing that adolescence is a syndrome to be managed rather than a stage to be outgrown, this book offers suggestions from a high school principal as an insider's guide to today's teenage world. The book contends that the major task of adolescence is to gain mastery over emotion, and that a partnership between parents and educators is imperative if the modern American teenager is to survive. The intention of the book is not only to help parents cope with their teens, but to also shed light on what parents can learn about themselves in the process. The book presents timely issues with helpful tips for parenting teens. The chapters of the book are: (1) "Adolescence Is a Syndrome," explaining that adolescence is an unavoidable though temporary departure from normalcy; (2) "Let's Get Cranky," examining how adolescence is full of contradictions; (3) "Let's Get Hysterical," dealing with authoritative vs. authoritarian or permissive parenting styles; (4) "Let's Get Physical," providing tips for discussing sexuality, sexual abuse, rape and AIDS; (5) "Let's Get Moral," examining temporary moral insanity and issues of moral education; (6) "Lying, Cheating, and Stealing," explaining the reactions of authoritative parents to these behaviors; (7) "Crossing the Line," addressing drugs, runaways, suicide, depression and eating disorders; (8) "Young Women," dealing with feminine identity; (9) "Difference in the 1990s," urging education for and acceptance of diversity; (10) "Let's Get Educated," calling for education reform that fosters a relationship between teachers and students; and (11) "Let's Get Motivated," discussing factors which foster or block motivation. The conclusion of the book portrays the isolation that many teens feel and emphasizes the importance of contact with caring adults. Contains an annotated list of 42 suggested readings and a bibliography of 190 references. (AMC)